



Avocado Tortilla Soup

Sprinkle red pepper flakes on this soup for added heat.

Makes 8 servings. 1 cup per serving.

Prep time: 15 minutes **Cook time:** 15 minutes

Ingredients

- | | |
|---|--|
| 3 (14-ounce) cans
low-sodium chicken broth | ½ teaspoon ground
black pepper |
| 2 (10¾-ounce) cans
low-sodium condensed
tomato soup | 1 ripe California avocado,
peeled, pitted, and
chopped |
| ½ bunch cilantro, leaves only | 8 corn tortilla chips,
crumbled |
| 3 cloves garlic, finely
chopped | |

Preparation

1. In a large pan over high heat, combine chicken broth, tomato soup, cilantro, garlic, and ground black pepper. Bring to a boil, reduce heat, and simmer for 10 minutes.
2. Cool slightly, then puree small batches in a blender.
3. Return to pan, add avocado and heat thoroughly.
4. Ladle into soup bowls and garnish with crumbled tortilla chips before serving.

Nutrition information per serving: Calories 134, Carbohydrate 17 g,
Dietary Fiber 2 g, Protein 5 g, Total Fat 6 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 350 mg

Recipe courtesy of the California Avocado Commission.